COPING WITH STRESS

Presented By Your Employee Assistance Program

LEARNING OBJECTIVES

- INTRODUCTION – DEFININING STRESS.
- HOW TO IDENITFY IT IN YOUR LIFE.
- HOW TO COPE WITH IT.
- CONCLUSION.

MYTHS

- ONLY NEGATIVE, UNPLEASANT SITUATIONS ARE STRESSFUL.
- A STRESS-FREE LIFE IS BEST!
- THERE IS ONE, SIMPLE SOLUTION TO RELIEVING IT!

STRESS IS…

"A NATURAL REACTION OF THE BODY TO ANY DEMAND PLACED UPON IT."

Hans Selye, M.D., recognized expert in the field of stress.

TOO MUCH STRESS

- Insomnia
- Headache/Neck Ache/Muscle Tension
- Grinding Teeth
- Change in appetite
- Irritable
- Increase in errors
- Indecisive
- Strained Relationships
- Withdrawal/Avoid others
- Increased use of Alcohol/Drugs

IRRITABILITY

AVOIDING OTHERS

LACK OF ENERGY

OPTIMAL STRESS

- Energetic
- Motivated
- Enthusiastic
- Healthy Appetite
- Sleeping Well
- Successful Problem-solving
- Good Perspective
- Realistic
- Mentally Alert

WOW!!

TOO LITTLE STRESS

- Lack of Energy
- Bored
- Apathetic
- Indecisive
- Decreased Motivation
- Loss of Perspective
- Strained Relationships
- Withdrawal
- Increased Use of Alcohol/Drugs

YAWN...

LOOK FOR PATTERNS

- EXAMINE YOUR DAILY LIFE.
- KEEP A STRESS DIARY FOR BOTH POSITIVE & NEGATIVE STRESS.
- RECORD HOW YOU REACTED BOTH PHYSICALLY & EMOTIONALLY.
- NOTE WHICH COPING SKILLS ARE MORE SUCCESSFUL THAN OTHERS.

ANTICIPATE CHANGE

- THE GREATER THE AMOUNT OF CHANGE IN YOUR LIFE, THE GREATER YOUR NEED FOR COPING SKILLS.

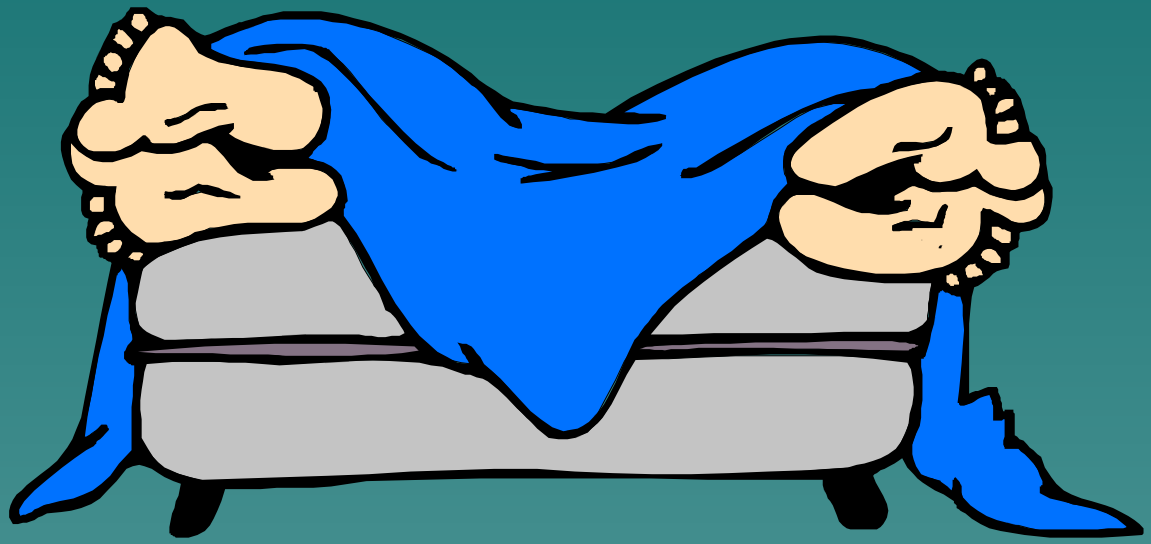
- THE AMOUNT OF CHANGE IN YOUR LIFE CORRELATES DIRECTLY TO YOUR HEALTH!

RELIEVING STRESS

- ***S****LEEP*
- ***E****AT*
- ***E****XERCISE*

- ***SEE WHAT WORKS FOR YOU…***
- ***TAKE CARE OF YOURSELF***

GET ENOUGH SLEEP!



EAT RIGHT!!

EXERCISE!!

PLAN/PACE

TIME MANAGEMENT TIPS

- Recognize limits.
- Delegate to your partner, children, co-workers.
- Make “to do” lists.
- Prioritize with self & others.
- Schedule time in your day for you!

CONSIDER THE ALTERNATIVES

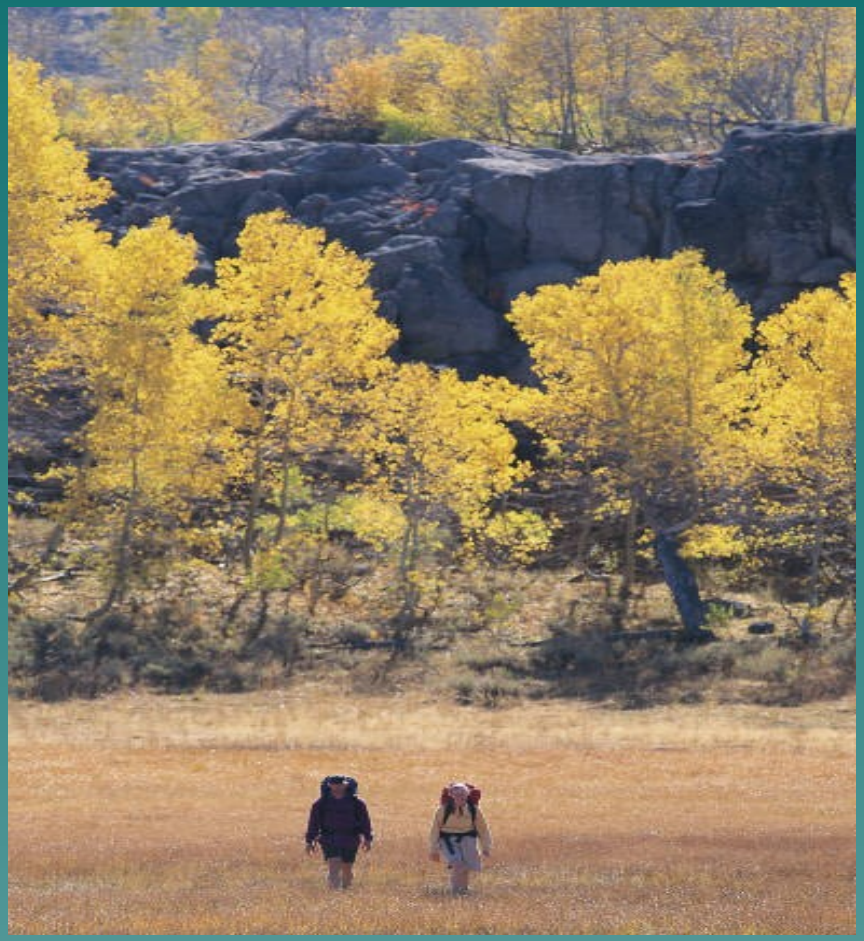
VISUALIZATION

One method that can be used to consider the alternatives.

IMAGINE…

IMAGINE...

IMAGINE…



NEGATIVE SELF TALK GREMLINS

- ***ALL OR NOTHING**. Everything is good or bad, black or white, yes or no, positive or negative. If your project falls short of absolute perfection, you tell yourself it was a total failure.*
- ***POSITIVE SELF TALK:** "I did the best I could under the circumstances."*

GREMLINS…

- ***NEGATIVE ANTICIPATION: You anticipate a negative outcome before it happens. “I’ll never get the promotion.***
- ***POSITIVE SELF TALK: “My chance is as good as anybody’s.”***

GREMLINS…

- ***LABELING**: Your action or mistake becomes who you are, or your label. " I overlooked that detail. I am disorganized and inconsiderate (or stupid.)"*
- ***POSITIVE SELF TALK**: "I don't usually make mistakes like that. I'll be more careful next time."*

GREMLINS…

- **EGOCENTRIC.** You take responsibility for other people's moods and feeling. "She seems upset. It must be something I said."
- **POSITIVE SELF TALK:** "She seems upset. I wonder how I can help."

TAKE A TIME OUT

MUSIC…

- LISTENING TO BEAUTIFUL MUSIC CAN BE A CALMING INFLUENCE.
- LISTENING TO LIVELY MUSIC CAN "PICK UP" ONE'S SPIRIT.
- HUMMING YOUR FAVORITE TUNE OR WHISTLING CAN EASE STRESS FOR SOME PEOPLE.

TAKE A SHORT WALK…

DEEP BREATHING…

TAKE A DEEP BREATH … SLOWLY EXHALE. DO THIS 3-4 TIMES THEN SIT QUIETLY FOR A FEW MINUTES.

STRETCHING…

SUPPORT SYSTEMS

- FAMILY
- FRIENDS
- FAITH COMMUNITIES
- SUPPORT GROUPS

LAUGHTER…

- LOOK FOR HUMOR IN A SITUATION…IT IS ALMOST ALWAYS THERE.
- LIGHTEN UP! HAVE FUN! SMILE!

CONCLUSION

- STRESS CAN BE A VERY POSITIVE FORCE IN OUR LIVES.
- STRESS IS A PART OF YOUR LIFE.
- TAKE CARE OF YOURSELF AND USE YOUR COPING SKILLS SO THAT IT BECOMES A PLUS, NOT A MINUS IN YOUR LIFE!

QUESTIONS?

brought to you by the

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Employee Assistance/Prevention Coordinators

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